

White Belt 10th and 9th Gup Study Guide

Information to parents:

Many of the kids won't know the answers to these questions if asked directly. Instead, ask the child to tell you how we "bow in" at the beginning of class. They should be able to tell you the commands used. It might help them if they show you all the steps.

Starting Class:

The highest ranking member in the class will call the commands:

Cha Ryut (sounds like cheerioot)	Attention
Kukgi Bae Rye (sounds like cookie ba ray)	Salute the flag
Ba Ro	Return
Anh Jo	Sit
Muk Yum	Meditate
Ba Ro	Return
Kwan Chang Nim E Kyung Yet	Bow to Grandmaster
Sah Bum Nim E Kyung Yet	Bow to Instructor

Now ask the child the next questions. Remind them that they already know many of the answers from "bowing in".

What is the name of our club?	Elmhurst Tang Soo Do Karate (Please remind them it is <u>not</u> Courts Plus)
What does Sah Bum Nim mean?	(Instructor)
Who is your Sah Bum Nim nim?	4 th Dan Master Michael Inoshita (Master Inoshita is acceptable)
What is the name of our organization?	World Tang Soo Do Association
Who is the Grandmaster?	Grandmaster Jae Chul Shin (Grandmaster Shin is acceptable)
How do we say Grandmaster in Korean?	Kwan Chang Nim
or	
What does Kwan Chang Nim mean?	Grandmaster

Hint, snow is white. A seed develops into a plant.

Meaning of the white belt:

Primitive stage of development. The seed as it lies dormant beneath the snows of winter.

Hint: we always line up according to rank in class from lowest rank to highest.

Name all the colors of Gup belts in order

White, orange, green, brown, red, midnight blue, black

This is important information to go over with your child. They may be asked a question like, "Name three rules followed in the do jang (classroom)."

Come to class 15 minutes early

Wear a clean uniform

No jewelry

Warm-up

Salute flags and bow to instructor when entering and leaving

Follow instruction quickly and quietly

Notify instructor of illness or injury

Observe rules and tenants

Bow to instructors, senior members and opponents

Another possible test question may be, "Write how you show proper respect in class".

Address instructor as sir or ma'am

Bowing

to seniors and instructor

to flag

to opponents

when a Dan enters the room

during competition

Saluting the flag

Possible test question, "What is the meaning of Tang Soo Do?"

Tang Soo Do Korean martial art influenced by T'ang method

Tang T'ang dynasty of China

Soo Fist, strike or defense

Do Way of life

This is a concept taught in class. On a test it might ask, "What is the meaning of Ryun Ma?" The child needs to be able to say that we practice techniques repeatedly to improve them.

Ryun Ma Repetition and polishing

The Five Codes are always included on the tests. We often say them in class always in this order.

Five Codes:

1. Loyalty to country
2. Obedience to Parents
3. Honor friendship
4. No retreat in battle
5. In fighting choose with sense and honor

As a white belt your child has been exposed to many Korean terms. You may want to help familiarize them to these terms before the test. Most of these terms are used in class on a regular basis. Start with English and ask them to perform the move. Then tell them what the term is in Korean. Have the child repeat the term to you and thus familiarize them with the English to Korean translation. Once they are comfortable see if they can perform the move after you have used the Korean term. It may also be helpful to breaking up the terms into chunks. For example, a “cha ki” is a kick. An ahp cha ki is a front kick. A tollyo cha ki is a roundhouse kick, etc.

Begin	Shi jak
Stance	ja seh
Attention stance	cha ryut ja seh
Ready stance	choon be ja seh
Front stance	chun kul ja seh
Fighting stance	hu kul ja seh
Horse stance	kee mah ja seh
Turn	tora
Punch/attack	kong kyuck
Front punch	kong kyuck
Side punch	choon dan han jin
Foot	bahl
Front stretch kick	bahl poto oly ki
Punch exercise in horse stance	pahl put ki
Block	mahk ki
High block	sang dan mahk ki
Low block	han dan mahk ki
Inside outside block	ahneso paku ro mah ki
Outside inside block	pakeso ahnu ro mahk ki
Kick	cha ki
Front kick	ahp cha ki
Side kick	yup cha ki
Roundhouse kick	tollyo cha ki

Why is your child learning Korean?

During the test, the students will be asked to perform a series of moves as a group. This is called “marching”. When we march in class it is important that the child knows the meaning of the Korean terms so they can anticipate what the next move will be. These Korean terms are also found on the written test.

Other important terms:

English

World form

Form

One

Two

Korean

Sae kye

Hyung

Il

E

World form number one

World form number two

Sae kye hyung il bu

Sae kye hyung e bu

School

Yell

Uniform

Do jang

Ki hap

Do bohk